meals on wheels
OF CATAWBA COUNTY

Senior Nutrition Services
PO Box 207, Newton, NC 28658
(828)695-5610
www.mealsonwheelsofcatawbacounty.org

The Meal Times

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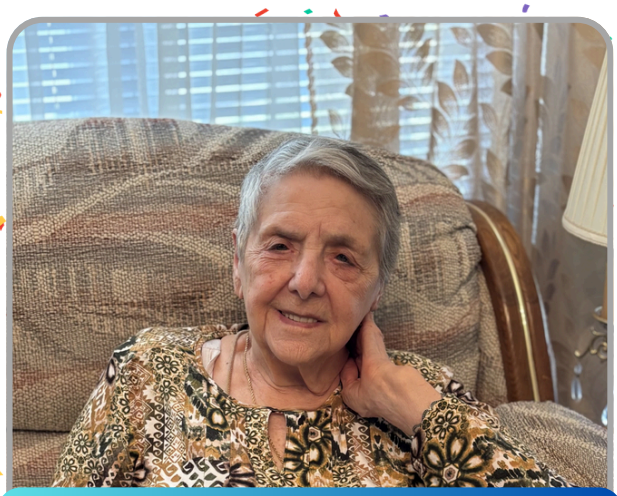
Please call our office at 828-695-5610 no later than 10:00am the day before if you will not be home and need to cancel your meal. Meals cannot be left outside when you are not home.

Holiday Closure

Our office will be closed November 26th and 27th in observance of Thanksgiving.

You will receive **two** frozen meals on Wednesday, November 25th.





Happy 100th Birthday Ms. Sadie!

"May your 100th year be filled with comfort, peace, and plenty of reasons to smile."



Thank you for your service!

catawba county social services

To strengthen, with dignity and respect, the quality of life for all citizens through supportive services and advocacy

UNITED WAY
Catawba County

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HDM MENU

meals on wheels
OF CATAWBA COUNTY

November

2 Lasagna Tossed Salad w/Ranch Dressing Garlic Bread Yogurt w/Blueberries Milk	3 Chicken & Dumplings Buttered Carrots Orange Juice Dinner Roll Apple Cobbler Milk	4 Baked Ham w/Pineapple Juice Broccoli Rice Casserole Sweet Potatoes Pineapple Slices Dinner Roll Milk	5 Chicken Fajita Spanish Rice Pinto Beans Fruit Cocktail Milk Soft Tortilla Shells Sour Cream	6 Hot Dog w/Chili Baked Beans Corn Pears Bun Assorted Cookie Milk
9 Lemon Pepper Chicken Rice Stewed Tomatoes Dinner Roll Fresh Orange Milk	10 Beef Tacos Black Beans Lettuce & Tomato Fruit Cocktail Milk Soft Tortilla Shells	11 Smoked Sausage w/Cabbage Crowder Peas Dinner Roll Pears Milk	12 Biscuit & Gravy Scrambled Eggs Orange Juice Baked Apples Milk	13 Chicken Alfredo w/Noodles Green Beans Pickled Beets Wheat Roll Pears Milk
16 Low Sodium Teriyaki Chicken Rice Broccoli & Cheese Dinner Roll Tropical Fruit Milk	17 Fried Fish Filet w/Tartar Sauce Okra & Tomatoes Coleslaw Bun Fruit Cocktail Milk	18 ½ Pimento Cheese Sandwich on Wheat Bread Vegetable Beef Soup w/crackers Fresh Orange Pudding Milk	19 Spaghetti w/Meat Sauce Green Beans Corn Garlic Bread Pears Milk	20 Pinto Beans Turnip Greens Macaroni & Cheese Cornbread Orange Juice Milk
23 Chicken Pie Blackeye Peas Peaches Dinner Roll Assorted Cookie Milk	24 Meatloaf Diced Potatoes Broccoli Wheat Roll Orange Juice Pudding Milk	25 Sliced Turkey w/Gravy Cornbread Stuffing Green Beans Peaches w/Cottage Cheese Dinner Roll Milk	26 Hamburger Steak w/gravy Mashed Potatoes Broccoli Casserole Applesauce Dinner Roll Milk	27 Barbecue Boneless Pork Rib Lima Beans Mashed Potatoes Dinner Roll Fruit Cocktail Milk
30 Chicken Parmesan Tossed Salad Fruit Cocktail Dinner Roll Assorted Cookie Milk			Menu substitutes may occasionally have to be made of equal nutritional value. Diabetic friendly options will be made in substitution of desserts	